



An Evidence-Based Strategy for Managing Residual Symptoms in Patients with Major Depression

Premiere Date: Wednesday, Jan. 28, 2004

Live Broadcast: 12:00–1:00 p.m. ET

Taped Re-Air: 3:00–4:00 p.m. ET

Also on the Web: psychcme.duke.edu

This activity offers CE credit for:

- Physicians (CME)
- Nurses (CNE)
- Psychologists (CEP)
- Social Workers (NASW)
- Case Managers (CCMC)
- Pharmacists (CPE)

FACULTY

Mary B. O'Malley, MD, PhD

Fellowship Director
Sleep Disorders Clinic
Norwalk Hospital
Norwalk, CT

Philip Ninan, MD

Professor, Department of Psychiatry
and Behavioral Sciences
Director, Mood and Anxiety Disorders
Program
Emory University School of Medicine
Atlanta, GA

psychCME Chair and Moderator

Prakash S. Masand, MD

Clinical Professor of Psychiatry
Director, Program for CME
Department of Psychiatry and
Behavioral Sciences
Duke University Medical Center
Durham, NC

For more information or to register
for this FREE one-hour activity,
please visit psychcme.duke.edu
or call 877.CME.PROS.

☐ Please send me a free CD +
Monograph of this CE activity.

Statement of Need

It is estimated that 80% of patients with depression have sleep complaints. Sleep and wakefulness disturbances such as insomnia, anxiety, excessive sleepiness, and fatigue can have a negative impact on social and occupational functioning and overall quality of life. In addition to being a symptom of depression, insomnia and anxiety may also be a side effect of antidepressant therapy. Understanding the neurophysiology of sleep can help clinicians better distinguish and assess insomnia and anxiety in patients with major depressive disorder (MDD). In this evidence-based psychCME TV activity, the expert faculty will explore the relationship between MDD and insomnia and anxiety and propose an effective treatment strategy to improve patient outcomes.

Activity Goal

To develop effective treatment strategies for insomnia and anxiety in patients with depression.

Learning Objectives

At the end of this CE activity, participants should be able to:

- Assess and differentiate symptoms related to insomnia and anxiety in patients with major depression.
- Elucidate the neurobiological underpinnings of insomnia and anxiety in MDD.
- Develop a symptom-based pharmacotherapy strategy to target primary and residual symptoms associated with insomnia and anxiety in patients with major depression.

Target Audience

Physicians, nurses, psychologists, social workers, case managers, pharmacists, and other healthcare professionals with an interest in mental health.

Commercial Support

The FCG Institute for Continuing Education and CME Outfitters, LLC, gratefully acknowledge an educational grant from Cephalon, Inc., in support of this CE activity.

Credit Information

CME Accreditation and Credit Designation:

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of The FCG Institute for Continuing Education and CME Outfitters, LLC. The FCG Institute for Continuing Education is accredited by the ACCME to provide continuing medical education for physicians. The FCG Institute for Continuing Education designates this educational activity for a maximum of 1.0 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

CNE Credit: This continuing nursing education activity has been submitted to the New York State Nurses Association's Council on Continuing Education, which is accredited as an approver of nursing continuing education by the American Nurses Credentialing Center's Commission on Accreditation.

CEP Approval and Credit Designation: This program is cosponsored by The FCG Institute for Continuing Education and CME Outfitters, LLC. The FCG Institute for Continuing Education is approved by the American Psychological Association to offer continuing education for psychologists. The FCG Institute for Continuing Education maintains responsibility for the program. The FCG Institute for Continuing Education is offering 1.0 credits for successful completion of this program.

NASW Credit: This program was approved by the National Association of Social Workers (provider #886407722) for 1 continuing education contact hour.

CCMC Credit: This program has been approved for 1 hour by the Commission for Case Manager Certification (CCMC).

CPE Accreditation and Credit Designation:

The FCG Institute for Continuing Education is accredited by the American Council on Pharmacy Education as a provider of continuing pharmacy education. This program has been assigned the Universal Program Number 086-999-04-005-L01 (live presentation) and 086-999-04-005-H01 (recorded programs) and has been approved for 1.2 contact hours (0.12 CEUs).

To receive credit, participants must review all activity materials in their entirety, score 70% or above on a post-test, and fully complete and return both the credit request form and activity evaluation. A certificate or statement of credit will be mailed to all who successfully complete these requirements.

FAX completed form to 301.897.3506

PVA

Site or Individual Name: _____		# of Participants: _____	
Degree: _____		Practice Setting: <input type="checkbox"/> Community Mental Health <input type="checkbox"/> State Mental Health	
		<input type="checkbox"/> Private Practice <input type="checkbox"/> Other: _____	
Address: _____			
City/State/ZIP: _____			
Ed'l Contact: _____		Phone: _____	
Fax: _____		Email: _____	

Jointly sponsored by



The FCG
Institute for
Continuing Education



Presented by



Program for Continuing Medical Education
Department of Psychiatry and Behavioral Sciences
DUKE UNIVERSITY MEDICAL CENTER

1971KK-TV-05

Register today for this psychCME TV broadcast!